

# SUMMIT AT EASTWYCK

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Monthly Newsletter

February 2024







We hope you are enjoying the winter season, and if you're not a fan of cold snowy weather then keep this in mind; the first day of Spring is March 19th and the Farmers' Almanac is predicting a mild February and March as well! I know most people look forward to more outdoor time, but in the meantime be sure to attend our fitness classes. You will feel better if you are able to exercise, especially with friends and neighbors! There are over 55 fitness classes per month for our residents to participate in! **February is Punch Out Fitness Month, pick up your punch card in the office and fill it in to win a prize!**

Our office was able to obtain tickets to Proctors to see *Les Miserables* on March 21st at 1:30. Please let Tarah know if you plan on taking the bus to this wonderful show. *Les Miserables* tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption—a timeless testament to the survival of the human spirit. Save the date for this wonderful musical!

We are looking forward to our annual Valentine's Day celebration, hope you can join us for a lovely dinner with entertainment and a special dessert.

The Summit at Eastwyck is hosting a month-long food drive. We are collecting non-perishable food items for Concerns "U".

The following items will be so appreciated by local families: canned fish, canned vegetables, jars of sauce, boxed mac n' cheese, crackers, canned soups, dried soups, dried beans, cake mixes, oil, pasta, cereals, oatmeal, breakfast bars and any other items you can think of.

Concerns "U" serves 5,000 families in need per year, and February in particular, is a very good time to donate. The food items will be so helpful. Thank you for whatever you can do.

*Kelly Ann Smith*

Kelly Ann Smith  
Community Manager

## Staff



### Community Manager

Kelly Ann Smith  
Ksmith@summitseniorlife.com

### Assistant Community Manager

Tarah Lobdell  
Tlobdell@summitseniorlife.com

### Maintenance

Gani Dajko  
Mark Collins

### Driver

Terry Lantry

### Weekend Clubhouse Attendant

Tracey Ainsworth

Summit at Eastwyck  
1 Eastwyck Circle  
Rensselaer, NY 12144  
518.874.1638  
www.summitseniorlife.com



**National Wear Red Day  
February 2nd**  
Support your American Heart  
Association and wear RED today  
for National Women Go Red!



# Summit Service Club

*"Volunteering is a work of heart"*

## FOOD DRIVE TO BENEFIT CONCERNS-U of Rensselaer

Welcome Home to  
Eastwyck

Donald O'Brien



FEBRUARY IS  
AMERICAN  
**HEART**  
MONTH



**Try out all the  
Fitness classes  
that are offered  
every morning!**

For the month of February we will have a "Punch Out Fitness" program where each person will get a punch card. For every fitness class or health & wellness class you attend you will get a hole punch. Fill the card and win a prize!

**at PROCTORS**



**March 21 at 12:00**

Cost of tickets are \$65, and are limited.  
Each show starts at 1:30, we will leave at 12:00.

**Please pay when you sign up.**

## February Birthdays



- 2/3 Judy Posila
- 2/5 Joyce Thompson
- 2/8 Ghislaine Collard
- 2/11 Eileen Kappes
- 2/12 Marsha Mintz
- 2/13 Inga Pepoy
- 2/15 Beverly Westacott
- 2/22 Diana Shelto
- 2/22 Cynthia Obidinski
- 2/25 Josie Fasanaro
- 2/28 Diane Hendricks

New Resident Orientation & Birthday Party.  
Please join us for our monthly birthday celebration. The Orientation will follow the birthday celebration.

**HECTORP**  
Senior Rehabilitation Services PLLC.



### Functional Upper Extremity Exercises Tuesday, February 27 at 10:30

Hector Jasen PT will be discussing ways to exercise muscles of the shoulder, trunk, wrist and hands with emphasis on maintaining function, mobility and safety.

Attendees will learn basic human anatomy, and the function of major muscle groups in the upper extremity for proper posture and independence with activities of daily living (ADL'S).



This will be an interactive presentation. Attendees will be encouraged to perform certain exercises as tolerated.



S M T W TH F S						
<div>February</div>						
				1	2	3
				Medical Appointments 1:00 Pinochle 2:00 BINGO 6:00 Liverpool Rummy	8:00 & 10:00 Grocery Stores 10:00 Capital Cardiology Heart Health Talk 1:00 Canasta 1:30 Choral Group 3:30 Rosary 4:00 Chef Johnny Meal 6:30 Fireside Chats BYOB National Wear Red Day	1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub GR Reserved 2-6pm
4	5	6	7	8	9	10
3:00 RumiKub 4:00 Scrabble CTR	12:00 Let's Do Lunch 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR 4:00 Knitting 6:00 Poker Night	10:00 Call Sheilah 12:00 Men's Lunch 2:00 10,9,8 Game 2:00 Tai Chi 2:00 Sing A Long 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy	1:00 Movie— Elvis 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting 4:00 Pizza Night	Medical Appointments 2:00 BINGO 6:00 Liverpool Rummy	8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 1:30 Event Planning Meeting 3:30 Rosary 4:00 Chef Johnny Meal 6:30 Fireside Chats BYOB	1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
11	12	13	14	15	16	17
3:00 RumiKub 4:00 Scrabble CTR 5:00 Super Bowl Party	1:00 Movie—Barbie (wear Pink to the movie) 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR 4:00 Supper Club 4:00 Knitting	2:00 10,9,8 Game 2:00 Sing A Long 3:00 Quarter BINGO 2:00 Tai Chi 2:30 Cribbage 6:00 Liverpool Rummy Mardi Gras	2:00 10,9,8 Game 2:30 Cribbage 4:00 Valentine's Dinner	Medical Appointments 4:00 Silver Connection Palooza (with Tammy & Pam) 6:00 Liverpool Rummy	8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group 3:30 Rosary 4:00 Fish Fry 6:30 Fireside Chats BYOB	1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
18	19	20	21	22	23	24
3:00 RumiKub 4:00 Scrabble CTR	12:00 Let's Do Lunch 1:00 Movie— Maestro 1:00 Pinochle 3:00 RumiKub 4:00 Scrabble CTR Presidents' Day	2:00 Sing A Long 3:00 Quarter BINGO 2:00 Tai Chi 2:30 Cribbage 6:00 Liverpool Rummy	2:00 10,9,8 Game 2:00 Wine & Chocolate 2:30 Cribbage 4:00 Knitting	Medical Appointments 2:00 BINGO 4:00 Pizza Night 6:00 Liverpool Rummy	8:00 & 10:00 Grocery Stores 1:00 Canasta 1:30 Choral Group Performance & Stewart's Ice Cream 3:30 Rosary 4:00 Fish Fry 6:30 Fireside Chats BYOB	1:00 Scrabble 1:00 Five Crowns 1:00 Mahjong CTR 3:00 RumiKub
25	26	27	28	29		
3:00 RumiKub 4:00 Scrabble CTR	1:00 Pinochle 2:00 Birthday Celebration 3:00 NEW RESIDENT Orientation 3:00 RumiKub 4:00 Scrabble CTR 4:00 Supper Club 4:00 Knitting	10:30 Hector PT 2:00 10,9,8 Game 2:00 Tai Chi 2:30 Cribbage 3:00 Quarter BINGO 6:00 Liverpool Rummy	1:00 Movie— No Limit 2:00 10,9,8 Game 2:30 Cribbage 4:00 Knitting	Medical Appointments 2:00 BINGO 6:00 Liverpool Rummy		
CONNECTED life FITNESS	Every Monday 9:00 Stretch & Flex 10:00 Aqua Fit	Every Tuesday 8:00 Hydro Bikes 9:00 Pilates 10:00 Sit to Stand 2:00 Tai Chi	Every Wednesday 9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Fitness Drumming 1:30 Meditation 12:00 Line Dancing	Every Thursday 9:00 Hydro Bikes 9:30 Hydro Bikes 10:30 Trifecta Strength/ Balance/ Flex 11:30 Move & Grove	Every Friday 9:00 Sit To Be Fit 10:00 Aqua Fit 11:00 Chair Yoga (all levels) 12:00 Balance	



# Community Activities

*For all activities please sign up in the office.*



## Call Sheilah!

Listen to Sheilah talk  
about her concierge  
services Errands, Projects,  
Tasks of any kind !

**February 6th  
at 10:00**



## February 9th at 1:30 Event planning

Join us in the Great Room as we discuss  
& plan upcoming events for our community.

All are welcome, we love seeing new faces.



## February Movies in the Great Room

**by the fire place at 1:00**

**Wednesday February 7 – Elvis**

**Monday February 12 – Barbie ( Wear Pink )**

**Wednesday February 19 – Maestro**

**Wednesday February 28 – No Limit**



## Men's Lunch FEBRUARY 6TH AT 12:00

We invite all the men of Eastwyck to join us  
for a special lunch just for you.

Please sign up in the office  
if your interested in attending.



## Super Bowl Party Sunday 11th at 5:00

Watch the big game in the Clubhouse with  
your Eastwyck friends. Pizza & wings will  
be provided. Please bring an appetizer or  
desert to share along with BYOB.



## Valentine's Dinner

**February 14th at 4:00**

Enjoy a nice meal,  
dessert and  
entertainment  
by Ken Blatt.



Sign at the office up by February 9th

# Community Activities

**February 15th**  
**Silver Connection Palooza**  
**(with Tammy & Pam)**

*Pamela and Tammy invite you*  
**for fun and games to the**

**Silver Connections**  
**Palooza**

**Where strengthening connections and**  
**making new friends takes center stage**

**Celebrating the Joy of**  
**Friendship**

**Thursday, February 15**  
**Starts at 4:00 PM**

[thesilverliningexperience.com](http://thesilverliningexperience.com)

**Four Week Tai Chi for Health,**  
**Flexibility and Balance Course**  
**Tuesdays From 2-3pm in the Fitness Room**

This program is suitable for all ages and all levels of mobility. Participants will learn eight simple but effective Tai Chi Qi Gong movements. These practices develop flexibility focused on the joints. Increase balance through leg strength and increase awareness. These Tai Chi practices also de stress and relax in accordance with the meditative tradition. All of this material can be learned by anyone. No previous experience is required.



**Wine & Chocolate**  
**February 21st at 2:00**



*Come enjoy delicious*  
*wine paired with*  
*mouth watering*  
*chocolate.*



**Pizza Night**  
**February 7 or 22**  
**At 4:00**



**Please pick which day when you sign up.**



Capital Cardiology Associates  
CARDIOLOGY FROM THE HEART™ A BENCHMARK CARDIOLOGY PRACTICE™

**February 2 at 10:00**

**Heart Health Presentation**  
**with Capital Cardiology**

A group of Registered Nurses will present on important topics focused on your heart health. Topics will include information on Blood Pressure, Cholesterol, Peripheral Artery Disease, Stroke and Heart Attack. Come learn the facts about these heart conditions to increase your confidence in making the right choices to improve and maintain your heart health!

**Fish Fry!**

**February 16 or February 23 at 4:00 \$10**



**Please pay & sign up in the office.**

**FEBRUARY 23RD AT 1:30**



**1ST PLACE FLAVORS!**

**Stewart's**  
**Shops**

Come and try some fun Stewart's ice cream. If you live in NY, you know how many flavors they have and how good their ice cream is!



# Concierge Services

## Meal Options

### Continental Breakfast

Everyday from 8:30am to 10:30am

### Supper Club

You have the option of two hot meals each month. They come ready to eat from local restaurants. You can pick up your prepaid meals at 4pm at the Clubhouse

### Let's Do Lunch!

Monthly lunch at the Clubhouse, prepay at the office and enjoy lunch with your neighbors. Pick up at the Clubhouse.

**Pick up at noon,  
at the Clubhouse.**

## Grocery Shopping

Every Friday, the Eastwyck bus goes to three local grocery stores: ShopRite, Price Chopper and Hannaford. We will leave Eastwyck at 8:00am or 10:00am. The bus will pick you up at your building. Please sign up in the main office.

## Thursday Medical Appointments

Every Thursday, we provide transportation to scheduled, routine medical appointments. This service is available between the hours of 8:00am and 1:00pm. Call the office for more details and to reserve your appointment time.

## SENIOR REHABILITATION SERVICES

# HECTORPT

[www.hectorpt.com](http://www.hectorpt.com)

**(518) 577-5214**

**Located in the Eastwyck Clubhouse.**



### — Supper Club —

**February 12th at 4:00**

Chicken stir fry \$18

**February 26th at 4:00**

Beef tips over rice \$19

### — Let's Do Lunch —

**February 5th at noon**

Pretzel Burger \$14

**February 19th at noon**

Chicken sandwich \$14

### — Chef Johnny Meals —

**February 2nd at 4:00**

Salisbury steak, mashed potatoes, vegetables, and dessert \$16

**February 9th at 4:00**

Marry me chicken, rice pilaf, salad, and dessert \$16

**Dr. Michael Masias, DPM**

Starting at 10:00 on the 1st Wednesday of every month, Dr. Masias will be on site.

**518-320-8659.**

**Renew**  
DAY SPA  
at The Summit At Eastwyck

Hair

**Rita**

**518-495-5603**

**Becky**

**518-424-7922**